



ALI TIMES

Operation
Reach Out
7

Vol. 3, Issue 24

407th Air Expeditionary Group, Ali Base, Iraq

June 24, 2005



Photo by Master Sgt. Maurice Hessel

Moving Forward

Six months after the conception of the Squadron 23 (transport), an Iraqi Air Force flight engineer admires a C-130 as it taxis down the runway recently. Squadron 23 is the first medium airlift postwar IqAF flying squadron. Another recent milestone is the first IqAF pilot and copilot flew without an Air Force pilot in a flight seat position June 13. The 70 logistics technicians also assigned to the Sq 23 ranging from crew chiefs, aerial port, supply and engine journeymen have made progress as well and attained their phase four certification, which is equivalent to a 5-skill level in the U.S. Air Force. The IqAF Airmen have been training since Jan. 15, the day after a ceremony where three C-130s were gifted to the Sq 23 from the U.S. Department of Defense.

IqAF graduates 2 pilots, techs attain 5-skill level equivalent

By Tech. Sgt. Melissa Phillips

407th Air Expeditionary Group Public Affairs

The more than 100 Iraqi Air Force Airmen assigned to the Squadron 23 (transport) recently got a thumbs up on their ongoing training to fly and maintain three C-130s.

The Sq 23 Advisory Support Team, a crew of seasoned U.S. Air force instructors, assigned to both the 777th Expedition-

ary Aircraft Maintenance Squadron and the 777th Expeditionary Airlift Squadron have recently graduated their IqAF students to the next level of training.

On June 13, two pilots flew the plane without an U.S. Air Force pilot sitting at the controls and one crew member is completely qualified to fly a C-130.

The 70 logistics technicians manning 10 different career fields ranging from crew chiefs to aerial port workers to supply tech-

nicians to engine mechanics have also made significant progress.

Within the last month, all the students have attained their phase four certification, which is equivalent to a 5-skill level in the U.S. Air Force.

"If I could give them an A+ on their training, I would," said Maj. Gerald McCray, 777th EAMXS Advisory support Team

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Progress

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maintenance flight commander.

The students are now entered into phase five, which is equivalent to an U.S. Air Force 7-level certification.

"We are currently integrating them into flight line operations," said Major McCray. "They're out there catching aircraft, launching them out, inspecting and fixing them just like any U.S. Airmen would do."

They're also learning about trouble shooting skills for the different systems.

"It's amazing when you think it takes 12 to 15 months to get a U.S. troop right off the streets qualified to work on these planes. They have to go to technical schools, and remain in upgrade training status for a year or more, and these guys earned their 5-level in six months," Major McCray said.

Of course most of the IqAF Airmen have

a background in aircraft maintenance prior to the start of the war, which helps, according to Major McCray. So now the AST just have to focus on getting the IqAF Airmen trained on the C-130 systems.

A personal accomplishment for the maintenance officer has been the opportunity to work closely with the IqAF headquarters at the Ministry of Defense in Baghdad.

"One of the things I'm proudest of is we've been working with the Iraqi headquarters to show them that if they develop a professional noncommissioned officers core, it will pay big dividends for them in the long run," said Major McCray.

"Unlike U.S. Air Force managerial methods, the previous IqAF didn't place a lot of trust in their enlisted core to sign off aircraft forms and take care of the paperwork aspects of maintaining an aircraft fleet.

"We've showed them that if you outfit your enlisted core with the proper training,

equipment and tools they need to be successful, that they don't have to worry about if something is done right. They'll know it is."

Observing the rejuvenated IqAF members, who risk their lives and the lives of their family and friends from insurgents who wish to harm them, learn how to fly and maintain the flying workhorses has been a deployment highlight for Lt. Col. Mike Bauer, 777th EAS commander.

"It is an extreme privilege for all the Advisory Support Team members to witness the true patriotism of all Squadron 23 personnel, as they take tremendous risks and the first steps to move Iraq away from the tyranny of the past to a free tomorrow," said Colonel Bauer.

"Their speedy progress is a true testament to their commitment and drive to build a better future for their families and all of Iraq," he said.

CE constructs walkways, running track

By Tech. Sgt. Ronald Bunch

407th Expeditionary Civil Engineer Squadron

With temperatures approaching 110 degrees, strolling to the Cadillacs for a shower or to the Hot Spot seemed like a trek across the boulder-strewn Mojave Desert.

That was until civil engineers constructed 3.38 miles of 10-foot wide walkways to make the walk a little easier.

For two weeks, thirteen civil engineer heavy equipment operators planned, designed and constructed the pathways throughout the hottest part of the day.

But all the punishment outside in the heat was worth it for one Airman.

"When I look around, I can see that I accomplished something for Bedrock," said Senior Airman Dan Turba, 407th Expeditionary Civil Engineer Squadron heavy equipment journeyman, who helped work on the project.

Everywhere he went after they installed the pea gravel walkways he said he saw smiling faces.

"Quite a few people came up to our team and said, 'Good job. Keep up the good

work."

"I had some close calls of almost twisting my ankle prior to the pea gravel walkway installation," said Tech. Sgt. Michael Shimkus, 407th Expeditionary Service Squadron director of recreation. "The pathways have made walking around here a lot easier."

The Tent City Council even requested a half-mile marked jogging track to provide a timed-running area inside Bedrock.

The crew constructed the track the very next day and only took two days to complete it.

The track starts at Muscle Beach, heads north past the latrines and showers, turns around tent A-1, goes back south past tent G-1 and turns left finishing at Muscle Beach.

And, since the track is inside Bedrock, headphones are authorized while exercising on the track

The pea gravel walkways are not permanent and will be replaced by permanent asphalt walkways once the trailer replacement is complete in mid-2006.

But for our rotation, walking around tent city just got a little easier.



Photo by Airman 1st Class Jamie Shultz

Capt. Teresa Rose, 407th Expeditionary Civil Engineer Squadron, runs on the Bedrock running track. The half-mile track is one part of a 3.38-mile pea gravel improvement project that made it easier for base residents to travel throughout Bedrock.

Walkman / MP3 players revision

A new addition to 407th Air Expeditionary Group Instruction 36-01, 9.3, which is currently under revision, will be revised to add "Joggers are permitted to wear headphones only on the designated running track in Bedrock. No headsets are allowed to be worn while jogging/running outside Bedrock." Additionally, Bedrockers are cautioned, "Pedestrians and joggers have the right-of-way in Bedrock. All vehicles will yield to pedestrians and joggers at all times."

Ali Times correction:

The following individuals were incorrectly identified as 407th Expeditionary Civil Engineer Squadron personnel in the June 17 Ali Times on Page 6. Staff Sgts. Elonn R. Cochrane, Michael A. Detiege and Timothy D. Helbing, who were selected for technical sergeant, and Tech. Sgt. Jason M. Edmonds, who was selected to master sergeant, belong to the 407th Expeditionary Communications Squadron.

407 AEG CC visits Team Ali, gets into action

By Col. Michael J. Nowak

407th AEG commander

Over the past few weeks I've had the pleasure of visiting a number of units in the 407th Air Expeditionary Group. With each visit, I'm continually impressed by the enthusiasm and dedication of the Airmen assigned throughout the group.

It's obvious that everyone is trying to make Ali Base a better place and all are supporting the overall mission of rebuilding Iraq.

The 407th Expeditionary Civil Engineering Squadron is a case in point. It was their initiative and gift to the base to create a running track where people can keep up with their fitness goals and stay on track with the Air Force fitness program. I applaud the civil engineers efforts to make things better during their tour here - and to accomplish their job with a smile and a sense of humor. They even let me run the steam roller, which almost generated its own safety incident but we'll leave the story there.

Similarly the 777th Expeditionary Airlift Squadron and its Advisory Support Team are also making a difference. While they don't have as large a flying mission as other bases in the Southwest Asia Area of Responsibility, I challenge anyone to tell me

their mission isn't as important. Besides having the only Iraq-based airlift unit, the 777th is also focused on helping the Iraqi people learn how to fly and manage their C-130 fleet.

I know most of you may never have the honor of working directly with the Iraqi Air Force Airmen, but each of you are contributing to our efforts helping establish a new Iraq, free from oppression. That's something to write home about; that's something to take pride in.

The civil engineers and 777th are two examples of the great achievements we are making while assigned to Ali Base. However, these organizations could not accomplish the mission without the efforts of all of us. The 777th EAS conducts its mission with the protection of our security forces. At the same time the 407th Logistics Readiness Squadron provides armored vehicles and supplies so the 777th EAS and security forces can execute their missions. Similarly, the 407th Expeditionary Communications Squadron provides everyone the voice and



Courtesy photo

Senior Airman Noah Lefebvre, 407th Expeditionary Civil Engineer Squadron heavy equipment operator, shows Col. Michael J. Nowak, 407th Air Expeditionary Group commander, how to operate a roller recently. Colonel Nowak helped put the finishing touches on the Bedrock running track. See Page 2.

data access for effective command and control, while Airmen at PERSCO ensure accountability of personnel and replacements for Airmen who have to depart early. I could go on to every organization and Airman on this base; each of you brings a unique set of skills to Ali Base that is critical for mission accomplishment.

We belong to the greatest military and Air Force in the world in large part due to the professionalism and dedication you exhibit on a daily basis. I'm proud to serve with you, the men and women of Ali Base!

"Strapping on" Air Force core values

When I graduated from the University of Detroit in August 1987, I was attracted to the Air Force by a strong sense of patriotism, a love of freedom and the desire to be a part of something bigger than myself.

I still remember watching the 1980 Winter Olympics in disbelief as a group of scrappy college kids gave the United States something to cheer about when they toppled the mighty Soviet giants on the ice in Lake Placid, N.Y.

I remember thinking to myself how awesome it would be to be a part of a great Olympic team or to be a part of something that helped change the outlook and "spirit" of a nation. Some may argue my mental leap on that last point but there was no denying the resurgence of red, white and blue pride this, then, 15 year-old

"Each of us has pledged to defend our country, Constitution, way of life and the cause of freedom for people the world over who only want the chance to have what many of us have been blessed to enjoy our whole lives."



Story and quote by Lt. Col. Paul Kucharek
407th Expeditionary Operations Support Squadron commander

teenager felt flowing through Hockeytown following the semifinal, and then eventually the gold-medal game victory.

Today, I find myself at Ali Base in Iraq as a vital member of the

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EDITORIAL STAFF

Col. Michael J. Nowak
Commander, 407th AEG

Tech. Sgt. Melissa Phillips
Editor/Chief, Public Affairs

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Deadline for publication is 2 p.m. Thursday before the week of publication. For more information, call 445-2318, or e-mail the staff.



BASE CAMP ADDER/ALI BASE ALARMS, MOPPS & IPE POSTURE QUICK REFERENCE CHART				
ALARM	YOU WILL		THIS INDICATES	ARMY/AIR FORCE IPE POSTURE UNIFORM 1
GREEN	Hear: Alarm Green announced over Giant Voice, radios, telephones, e-mail & other comm devices		Attack is not probable, however it is possible	Kevlar and Individual Body Armor (IBA) will be available within 10 minutes.
RED AIR	Hear: Alarm Red Air over comm devices & 1 minute wavering tone over Giant Voice		Attack by air or missile is imminent or in progress	UNIFORM 2
RED GROUND	Hear: Ground Attack over comm devices & bugle (Call-to-Arms) over Giant Voice		Attack by ground forces or mortar/rocket is imminent or in progress	UNIFORM 3
BLACK	Hear: Alarm Black over comm devices & a 1 minute steady tone over Giant Voice.		Attack over & NBC contamination and/or UXO hazards are suspected or present.	UNIFORM 4 (ARMY ONLY)
MOPP 0	MOPP 1	MOPP 2	MOPP 3	MOPP 4
Wear IPE and have all other chemical protective equipment at hand at all times	Wear IPE and Overgarment & have all other protective equip at hand at all times	Wear IPE, Overgarment & Overboots & have all other protective equipment at hand at all times	Wear IPE, Overgarment, Overboots & mask and have all other protective equipment at hand at all times	Wear IPE and all protective equipment until a lesser MOPP level is announced
				For further instructions on these Uniform conditions see 122 FRAGO 018.
				USAF NOTE
				All USAF personnel will wear kevlar helmet and individual body armor (IBA) anytime you intend to travel beyond Echo 3. Body armor will be available in the vehicle but is not required to be worn for travel to and from the Ziggurat or Camp Mittica.
MOPP READY: This condition is used to signify that NBC protection equipment must be ready and available in a specified amount of time. I.e., Ready 15 would require all NBC equipment be available to individual in 15 minutes, Ready 5 would mean all NBC equipment be available to the individual in 5 minutes.				

The alarm signal chart has been revised and approved by the installation commander for use on Ali Base/Camp Adder. For more information on force protection cautionary measures or issues, contact the antiterrorism and force protection office at 445-2465. Base officials urge you to report suspicious activity to 911, and tell your supervisor and coworkers. Individuals can also alert the command post at 445-2000, the law enforcement desk at 445-2232 and the Coalition Defense Operation Center at 445-2308.

Values

Continued from Page 3

Coalition team supporting Operation Iraqi Freedom. Each of us is a vital member of that team. I have seen a spirit of cooperation and teamwork here that makes me proud to say that I'm standing shoulder-to-shoulder with you as we bring hope and freedom to the citizens of Iraq. I love what I'm doing here at Ali and I love what I do everyday as a member of the U.S. Air Force.

I have told my wife that in my 17 years of service, I can count on one hand the number of days that I did not feel like getting out of bed and going to work. What makes this profession so great? Maybe it's the desire to be part of a team that's second-to-none.

We are all members of a team with far-reaching effects and great significance. We wear a uniform that has come to mean so much, to so many. Each of us has pledged to defend our country, Constitution, way of life and the cause of freedom for people the world over who only want the chance to have what many of us have been blessed to enjoy our whole lives.

With that pledge, comes a responsibility to conduct ourselves in a way that merits the trust of those we serve. Everyday that we strap on our uniforms we should be reminded of the Air Force's core values.

Integrity First: this is more than just a catchy phrase or another character trait. It is the basis for the trust critical in the military of today. It encompasses the willingness to do what is right when no one is looking. Integrity embodies our moral conviction to act courageously, honestly, responsibly and justly toward our fellow Airmen, Soldiers, Sailors, Marines and all those we meet in military and civilian life. Integrity should be the guide for what we think, speak, write and do.

Integrity should be at the forefront of our minds when we sign off a completed maintenance action, when we sit down to take a professional military education test, when we draft a report, when we tell our supervisor or commander that we just completed an assigned task, or when we give someone our word that we will do something for him or her.

Service before self: this tells us that our duty to country and service takes precedence over our own personal desires. It means that we follow certain rules, respect others, and exercise discipline and self-control. It means that we go to places in the world far away from friends and family to carry the mantle of freedom. It means that while we are going about our duties we conduct ourselves as professional Airmen in the truest sense of the word.

Excellence in all we do: this directs us

to passionately seek continuous improvement so that the Air Force will keep moving forward. As we improve ourselves through civilian and professional military education, we strive for personal excellence. We also seek to improve our workplaces by striving to make the processes and products better than they were before we arrived. It means that we show up for a four-month deployment saying that we are going to leave our section, squadron, group and this country better than it was the day we stepped foot on the ramp.

As Gen. Ronald Fogleman, former Air Force chief of staff, put it, "The Air Force exists to fight and win wars — that's our core expertise. It's what allows us to be called professional. We're entrusted with the security of our nation. The tools of our trade are lethal, and we engage in operations that involve the risk to human life and untold national treasures. Because of what we do our standards must be higher than those of society at large. The American public expects it of us and properly so. In the end, we earn the respect and trust of the American people because of the integrity we demonstrate."

Integrity first, service before self and excellence in all we do. Timeless words to guide our every thought, word and action at a time when we carry a mantle for which failure is not an option.



Photos by Airman 1st Class Jamie Shultz

Col. Cathy C. Clothier, 22nd Refueling Wing commander, at McConnell Air Force Base, Kan., takes the opportunity to talk to her Airmen deployed here.

Ali Speaks

What ritual have you established here to keep yourself sane?



Master Sgt. Bill Hutson,
407th AEG

"Eating chocolate ice cream at the dining facility has become my new ritual."



Tech. Sgt. Javier Aguirre,
407th ESVS

"I ensure I don't sweat the little things and keep focused on the issue at hand. I take it one day at a time."



1st Lt. Jack Beene, 777th
EAS

"My schedule alternates between days and nights. So sleeping keeps me sane."



Staff Sgt. Sean
McCormick, 777th EAS

"I work out every day."

CONS, Finance team together to keep base operating

By Tech. Sgt. Melissa Phillips

407th AEG Public Affairs

Two organizations here work closely to make sure the base's mission doesn't come to a screeching halt without much-needed supplies and services.

Back at home station, it's a different story. Although the two units typically work well together, they rarely have any face-to-face interaction with each other.

Here, if a vendor is getting paid, you won't see one agency without the other.

Contracting is the voice of the government when it comes to obligating money, said Senior Airman Teresa Fox, 407th Expeditionary Contracting Squadron contracting officer.

If CONS is the voice, finance is the muscle. If they don't start shuffling the green stuff on the table, base units won't get the supplies or services necessary to sustain their mission.

"Here, we affect not only the Air Force active duty but Guard, Reserves, vendors contractors and local businesses throughout Iraq and the surrounding countries," said Master Sgt. Gregory Jones, 407th Expeditionary Finance Management paying agent.

Back home, finance personnel don't typically meet vendors in person. Vendors are paid by the Defense Finance and Accounting Service, and finance technicians don't ever have the need to leave their desk.

"Stateside, we have many businesses that we work with, but we have no control over when and how the company gets paid," said



Photo by Airman 1st Class Jamie Shultz

Master Sgt. Gregory Jones, 407th Expeditionary Finance Management paying agent, pays a local vendor at the visitor control center recently. Finance and contracting work together to procure service and supplies to sustain base operations.

Sergeant Jones.

Also outside their realm of normal operations is the way both agencies present themselves to their external customer.

"When we make payments outside the finance office, I have to amour up with the Kevlar helmet, level four body armor and a weapon for security issues.

"It makes me feel safer when I leave the area to make payments, but I never leave my guard down," said Sergeant Jones, whose office manages an annual budget of approximately \$14 million.

It's the same for Airman Fox. But as a repeat deployer to Ali Base, the hardships of working on an austere base is nothing new to her.

"When I was here before (October 2003) for a big portion of the time, our office was a tent."

She no longer has to contend with living and working out of a tent, but that doesn't mean she doesn't have her fair share of not so pleasant duties.

One of her main customers is the porta potty contract. She also purchases all civil engineer supplies. These contracts require her to be out around base in the heat checking the quality of services base people receive.

Although that is nothing new for contracting specialists, who regardless of their location frequently meet with vendors and visit job sites to ensure the Air Force re-

ceives quality service.

"In contracting even the lowest ranking individual does the same work an officer does," said Airman Fox. "That can be scary but I like having the responsibility."

Recently, she devised a screening sheet with security forces to assess if the applicants for an interpreter job were an asset to base security or a risk.

For the most part, she purchases routine items that help people accomplish their job.

"When I see a utility cart being used around Bedrock, I think, 'I bought that.' That's pretty cool," said Airman Fox, who says she enjoys the opportunity to work closer with finance and the local vendors.

For Sergeant Jones leaving the confines of his office to conduct business has also been a welcome change.

"I'm trying to learn the Iraqi language slowly, so that I may better conduct business with the local businessman," he said.

Regardless of the motivation, both agencies have one thing in common - get the customer the service as fast as possible.

For more information on finance, call 445-2264/2690. They're open 8 a.m. to 11:30 a.m. and 12:30 to 5 p.m., Monday through Saturday, and on-call for emergencies only Sunday.

For more information on contracting, call 445-2400. They're open 7:30 a.m. to 6:30 p.m., Monday through Saturday, and noon to 5 p.m. Sunday.



Photo by Tech. Sgt. Melissa Phillips

Senior Airman Teresa Fox, 407th Expeditionary Contracting Squadron contracting officer, reviews a contract with the 407th ECONS interpreter on a job site. Without the generator, she and her coworker helped to purchase, the building wouldn't have power and would be unusable.

Operation Reach Out

407th AEG Airmen distribute much-needed clothes, supplies to locals



(1) Local villagers catch clothing and toys distributed by 407th Air Expeditionary Group personnel during an Operation Reach Out mission Saturday. Volunteers handed out a large truckload of clothing, toys, food and water to six needy local families. **(2)** A Bedouin (nomadic Arabs of the Arabian, Syrian and North African deserts) child inspects her new toys. **(3)** Airmen Phillip Ovalle, 407th Expeditionary Security Forces Squadron, fits in a game of catch. **(4)** Staff Sgt. Tracy Winter, 407th Expeditionary Services Squadron, represents Focus 56 and helps deliver toys. Each professional organization on base can submit names to go on operations. Due to limited space, names are then randomly selected and the lucky individuals accompany the convoy to distribute the goods. **(5)** Senior Airman Cindy Huerta, 407th ESFS, teaches a local child how to do a high five. "It was amazing to be able to do that for them, and at least make them happy for that time. I love children, and it was really nice to be with them." For more information about how to get involved with upcoming Operation Reach Out missions or how to donate, contact Tech. Sgt. Reginald Ellis, 407th ESFS and Operation Reach Out coordinator, at 445-2753. Operation Reach Out is currently seeking hygiene items like baby wipes, diapers, tooth brushes and paste, soap, shampoo, powder, etc.





Hair conundrum – pony tail or no pony tail?

Rumor: I heard women can't wear their hair below their collar in physical training gear? Then why do I see so many women in Bedrock with their hair out of regulation?

Fact: That rumor is incorrect. Women can wear their hair below their collar in PT uniform as long as it is tied back neatly in a pony tail, according to the 332nd Air Expeditionary Wing Instruction 26-2903, 3.10.

"Thank you for looking out for each other and your concern over the proper wear of the PT uniform. If you have any more questions, make sure to get clarification from your supervisor, first sergeant or contact me," said Chief Master Sgt. Susan Ferguson, 407th Air Expeditionary Group superintendent.

Staff Sgt. Gracey Montalvo, 407th Expeditionary Operations Support Squadron, models one version of authorized female hair styles in the physical training uniform. Sergeant Montalvo said she's often approached about her hair, while in the PT uniform, and has informed several Bedrock residents that she is within standards, according to 332nd Air Expeditionary Wing Instruction 26-2903, 3.10.



Photo by Tech. Sgt. Melissa Phillips

Heard a rumor...

Don't speculate! Get the facts by e-mailing the Ali.Times@tlab.centaf.af.mil or call Chief Master Sgt. Susan Ferguson at 445-2027.

407th AEG Warrior of the Week Airman 1st Class Connie J. Martinez



Unit: 407th Expeditionary Services Squadron

Duty title: Library resource center customer service representative

Home unit: McConnell Air Force Base, Kan.

Why other warriors say she's a warrior: She systematically reorganized the entire library making it user friendly. The friendly, informed service she provides each and every customer makes us proud to have her on our team.

What is your most memorable Air Force experience: I would definitely have to say basic training. Who could ever forget that feeling in your stomach when you got off that bus at Lackland Air Force Base, Texas.

Hobbies: Volunteering my free time to help others, listening to music and hanging out with my friends.

Identify This



KNOW WHAT THIS IS? Each week, the "Ali Times" staff takes a photo from around Ali Base. If you can identify the object, e-mail us at Ali.Times@tlab.centaf.af.mil with "Identify This" in the subject block by 3 p.m. Friday. All correct entries will be placed into a box and **three winners** will be **randomly selected** at **combat bingo** at 7:30 p.m. *Participants do not have to attend bingo to win.* The three winners will have their name printed in the Ali Times and **win a complimentary t-shirt or coin** from the 407th Expeditionary Services Squadron. Last week's winners were Tech. Sgt. Randall Johnson, 407th Expeditionary Communications Squadron; Master Sgt. Charles Sears, 407th Air Expeditionary Group; and Senior Master Sgt. Vincent Jones, 407th ECS, who correctly identified a ceiling fan.

Just for Fun

Presented by the 407th Expeditionary Services Squadron

Today

5:30 a.m., yoga (video taped) at Muscle Beach
8 a.m., Free throw contest at basketball court
2:30 p.m., Tai Chi (taped) at Muscle Beach
7:30 p.m., Combat Bingo at Big Top and the movie Million Dollar Baby
8 p.m., 3-point shoot out at basketball court
8:30 p.m., Absolute abs at Muscle Beach
10:30 p.m., Tai Chi (video tape) at Muscle Beach

Saturday

8 a.m., 2-ball challenge at basketball court
2:30 p.m., Pilates (video tape)
8 p.m., Hearts at the Hot Spot
8 p.m., 2-ball challenge at basketball court
9 p.m. to 1 a.m., Hip Hop night at the Big Top

Sunday

8 a.m., Coed 2-on-2 volleyball at volleyball court
8 a.m., 9-ball at the Hot Spot
7:30 p.m., Jujitsu at Muscle Beach
8 p.m., 9-ball at the Hot Spot

Monday

7 a.m., 1-on-1 basketball tourney at basketball court
8 a.m., sit-up contest at Muscle Beach
8 a.m., Jenga at Hot Spot
8:30 p.m., Absolute Abs at Muscle Beach
9 p.m., Self defense at Muscle Beach

Tuesday

5:30 a.m., Tai Chi (taped) at Muscle Beach
8 a.m., Ping Pong at the Hot Spot
2:30 p.m., Tai Chi (taped) at Muscle Beach
5 p.m., Spin at Muscle Beach
8 p.m., Modified triathlon at Muscle Beach
8 p.m., Ping Pong at the Hot Spot
10:30 p.m., Tai Chi (taped) at Muscle Beach

Wednesday

5:30 a.m., Aerobics at Muscle Beach
8 a.m., Air hockey at the Hot Spot
2 p.m., Intra b-ball coaches meeting at Big Top
2:30 p.m., Pilates (taped) at Muscle Beach
5 p.m., Spin at Muscle Beach
8 p.m., Quarterback challenge at Muscle Beach
8 p.m., Air hockey at Hot Spot
8:30 p.m., Absolute abs at Muscle Beach

Thursday

5 p.m., Spin at Muscle Beach
9 p.m., Self defense at Muscle Beach

July 1

5:30 a.m., yoga (taped) at Muscle Beach
7:30 p.m., Combat Bingo at Big Top followed by a movie

Instructors needed

Want to lead a fitness class? For more information, call the Muscle Beach fitness Center at 445-2136.

Got ideas?

Give Services a call at 445-2696

Cricket Movie Theater

HOT SPOT



Robots, 8 a.m., Twentieth Century Fox and Academy Award winning director Chris Wedge (who worked on "Ice Age") create another three-dimensional world. Starring Ewan McGregor, Halle Berry and Mel Brooks.



The Aviator, 11 a.m., The story of aviation pioneer Howard Hughes famous for romancing some of the world's most beautiful women. Starring Leonardo DiCaprio and Alan Alda.



The Upside of Anger, 2 p.m., A sharp-witted suburban mother is left to raise her four headstrong daughters when her husband unexpectedly disappears. Things get even more hectic when she falls for another man. Starring Kevin Costner and Joan Allen.



Million Dollar Baby, 5 p.m., After being estranged from his daughter, a boxing trainer has been unwilling to get close to anyone – until Maggie Fitzgerald. Starring Hillary Swank and Clint Eastwood.



The Wedding Date, 8 p.m., A 30-year old woman hires a male escort to pose as her boyfriend for her sister's wedding to her ex-fiancé, who inexplicably dumped her. Starring Sarah Parish and Peter Egan.



Constantine, midnight, Constantine tells the story of irreverent supernatural detective John Constantine, who has literally been to hell and back. Starring Keanu Reeves.

Saturday

The Aviator, 8 a.m.
The Upside of Anger, 11 a.m.
Million Dollar Baby, 2 p.m.
The Wedding Date, 5 p.m.
Constantine, 8 p.m.
Robots, midnight

Tuesday

The Wedding Date, 8 a.m.
Constantine, 11 a.m.
Robots, 2 p.m.
The Aviator, 5 p.m.
The Upside of Anger, 8 p.m.
Million Dollar Baby, midnight

Sunday

The Upside of Anger, 8 a.m.
Million Dollar Baby, 11 a.m.
The Wedding Date, 2 p.m.
Constantine, 5 p.m.
Robots, 8 p.m.
The Aviator, midnight

Wednesday

Constantine, 8 a.m.
Robots, 11 a.m.
The Aviator, 2 p.m.
The Upside of Anger, 5 p.m.
Million Dollar Baby, 8 p.m.
The Wedding Date, midnight

Monday

Million Dollar Baby, 8 a.m.
The Wedding Date, 11 a.m.
Constantine, 2 p.m.
Robots, 5 p.m.
The Aviator, 8 p.m.
The Upside of Anger, midnight

Thursday

Robots, 8 a.m.
The Aviator, 11 a.m.
The Upside of Anger, 2 p.m.
Million Dollar Baby, 5 p.m.
The Wedding Date, 8 p.m.
Constantine, midnight





Today

Noon, Islamic prayer at mosque

Noon, Alcoholics Anonymous at Army RAC

6 p.m., Weekday Mass at AF chapel

6:30 p.m., Jewish Service at Army RAC

7 p.m., Church of Christ Bible study at Army RAC

7:30 p.m., Gospel choir rehearsal at Army chapel

Saturday

5:30 p.m., Catholic confession at AF chapel/chaplain's Office

6 p.m., Catholic Vigil Mass at AF chapel

7 p.m., Contemporary Praise Team rehearsal at AF chapel

Sunday

7:30 a.m., Catholic Confession at AF chapel/chaplain's Office

8 a.m., Roman Catholic Mass at AF chapel

9:30 a.m., Traditional Protestant service at AF chapel

9:30 a.m., Contemporary Protestant Service at Army Post chapel

10 a.m., Latter Day Saints service at Army religious activity center

10:30 a.m., Roman Catholic Mass at Camp Cedar

1 p.m., Gospel Service at Army chapel

6 p.m., Contemporary Praise Team rehearsal at AF chapel

7 p.m.,

Contemporary Worship service at AF chapel

Monday

6 p.m., Weekday Mass at AF chapel

7:30 p.m., Gospel choir rehearsal at Army Chapel

7:30 p.m., Discipleship Bible study/fellowship at AF chapel

7:30 p.m., Laugh Your Way to a Better Marriage at AF chapel annex

Tuesday

7 a.m., Weekday Mass at AF chapel

Noon, AA at Army RAC

7 p.m., Right of Christian Initiation of Adults at AF chapel annex

7:30 p.m., Bible study (Book of Acts) at AF chapel

7:30 p.m., Combat Bible study at RAC

Wednesday

5 p.m., Catholic choir rehearsal at AF chapel

6 p.m., Weekday Mass at AF chapel

8 p.m., 40 Days of Purpose Bible study at AF chapel annex

Thursday

7 a.m., Weekday Mass at AF chapel

6:30 p.m., Catholic Choir Rehearsal at AF chapel

6:30 p.m., Ladies' Bible study at Army RAC

7 p.m., LDS study at Army RAC

7:30 p.m., Workman's Fellowship at Army RAC



Worship is at the 407th Air Expeditionary Group Oasis of Peace Chapel, unless otherwise noted. The chapel is open 24 hours a day for prayer and reflection. For details on worship opportunities, call 445-2006.

Inspirational moments... Making a difference

Dr. Frank Mayfield was touring Tewksbury Institute, Mass., when on his way out, he accidentally collided with an elderly floor maid. To cover the awkward moment Dr. Mayfield started asking questions, "What can you tell me about the history of this place?" he asked.

"I don't think I can tell you anything, but I could show you something."

With that, she took his hand and led him down to the basement under the oldest section of the building. She pointed to one of what looked like small prison cells, their iron bars rusted with age, and said, "That's the cage where they used to keep Annie."

"Who's Annie?" the doctor asked.

"Annie was a young girl who was brought in here because she was incorrigible. She'd bite, scream and throw her food at people. I was only a few years younger than her myself and I used to think, 'I sure would hate to be locked up in a cage like that.' I wanted to help her, but I didn't have any idea what I could do. I mean, if the doctors and nurses couldn't help her, what could someone like me do?"

"I didn't know what else to do, so I just baked her some brownies one night after work. I gave them to her the next day. Then I got out of there just as fast as I could because I was afraid she might throw them at me. But she didn't; she actually took the brownies and ate them."

"One of the nurses noticed this and she told the doctor. They asked me if I'd help them with Annie. I said I would if I could. So that's how it came about that every time they wanted to see Annie or examine her, I went into the cage first and explained and calmed her down and held her hand. Which is how they discovered that Annie was almost blind."

They were able to help her and she went on to study and became a teacher herself. She came back to the Tewksbury Institute to visit and help out.

At first, the Director didn't say anything and then he thought about a letter he'd just received. A man had written to him about his daughter. She was absolutely unruly, almost like an animal. He'd been told she was blind and deaf as well as 'deranged.'

And that is how Annie Sullivan became the lifelong companion of Helen Keller.

When Helen Keller received the Nobel Prize, she was asked who had the greatest impact on her life and she said, "Annie Sullivan."

But Annie said, "No Helen. The woman who had the greatest influence on both our lives was a floor maid at the Tewksbury Institute."

The following is adapted from what is told to be a true story by Leah Curtin R.N., in *Nursing Management Magazine*.

History is changed when one person asks: What can someone like me do?

Article courtesy of the Oasis of Peace Chapel